



THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

510-841-4824 office@bfuu.org www.bfuu.org

August 2025



Worship Service Sundays at 10:30 AM

BFUU Fellowship Hall 1924 Cedar St, Berkeley CA & on Zoom

except as noted

reading this offline? please email
worshiponline@bfuu.org for link

August 3: Cultivating Delight Sharon Knight (she/her)

Practice Random Kindness and Senseless Acts of Beauty. Remember when that quote inspired a generation and became a movement in the mid-80's? Now seems a good time to revive this sentiment. When the news is filled with senseless acts of cruelty, we may feel powerless to stop it in that moment. But we can be bastions of hope, kindness, and delight in our own communities. In this service, Sharon shares some of her favorite ways of sparking Delight.



August 10: A Call for Moral Ambition

Multiple BFUU members were inspired by reading Rutger Bregman's book *Moral Ambition* and quickly organized an MA group. Today we will each describe to you our personal Moral Ambitions, and we'll explain how Moral Ambition aligns perfectly with other progressive, social activist beliefs like Unitarianism, Liberation Theology, and Mahayana Buddhism. BFUU "Morally Ambitious" members who will present today are: Betsy Nachman, Joanna Foley, Sumi Hoshiko, and Hank Pellissier

August 17: Love in the Long Days

Prince Muraguri (he/him)

This is a sermon about endurance love—the kind that doesn't rely on spark, but sacrifice. Perfect for both marriages and faith, it honors the quiet strength that holds us together when emotions fade.



August 24: Radical Histories, Radical Futures

Gregory Stevens (they/them) This presentation invites us to remember that our Unitarian Universalist lineage is steeped in revolt — the Jesus movement defying empire, the desert mothers and fathers renouncing wealth, the Radical Reformers risking all for freedom, the Transcendentalists expanding minds, and the liberal theological pioneers of the early 20th century. Today that same spirit demands we carry on our radical tradition, get to the root of our current polycrisis, and build an ecosocialist future...or face extinction.

August 31: A Love Supreme Sumi Hoshiko (she/her)

Freedom begins when we stop judging who we are. What are the stories we tell ourselves about how we could or should be "better"? Have we rigorously examined how these strivings may paradoxically be holding us back from the most wondrous love we could experience? This talk is not about loving your neighbor. It's about having the courage to take the radical step of loving yourself without conditions, qualifications, footnotes, if only's.



Please see [page 2](#) for our shared plate partner information and [page 3](#) for Minister/Speaker bios.



Office: 1606 Bonita Ave Berkeley CA 94709
510-841-4824 office@bfuu.org www.bfuu.org

Clergy & Staff

Reverend Jojp Gabuya, *Pastoral Care Minister*
Reverend Tom McAninley, *Community Minister*
Lynn/Luna Orlando, *Recording Secretary*
Anders Renee, *Office Coordinator*
Sharon Knight, *Event Space Coordinator*
Ed Keating, *Facilities Manager*
Shae Jewell, *Sexton*

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Mike Gardner, Vice President
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Chair currently vacant
Building & Grounds Committee
Abbot Foote, Co-Chair
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Caring Community
Karen Dewald, Chair
Committee on Ministry
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Hospitality Committee
Chair currently vacant
Membership Committee
Jeff Palmer, Convener/Chair
Music Committee
Margaret Hurlbert, Chair
Nominating Committee
Virginia Hollins-Davidson, Chair
Personnel Committee
Ben Burch, Convener/Chair
Poetry Committee
Frances Hillyard, Chair
Religious Education (RE) Committee
Chair currently vacant
Social Justice Committee (SJC)
Chair Phoebe Sorgen
SJM Task Force (Subcom of SJC)
Margaret Hurlbert, Convener
Worship Services Committee
Jeff Palmer, Chair

Disclaimer: The views and opinions expressed in The Communicator are those of individuals and are not necessarily those of BFUU, its officers, or its trustees.

President's Corner

Hello fellow congregants,

This is an exciting time at the Fellowship, and our new board members are actively brainstorming and coming up with great activities for our community. Some of these ideas are to start Chalice Circles where members can get to know each other, having an open house, and hiring a Choir Leader. If you have other suggestions for our community let one of the board members know.

Happy Summer,

Margaret

August Shared Plate Partner

Middle East Children's Alliance (MECA)

Donate: <https://www.mecaforpeace.org/donate/>

The Middle East Children's Alliance (MECA) works to protect the rights and improve the lives of children in the Middle East through aid, empowerment and education. In the Middle East, MECA provides humanitarian aid, partners with community organizations to run projects for children, and supports income-generation projects. In the US and internationally, MECA raises awareness about the lives of children in the region and encourages meaningful action.

Worship Service Leaders

Sharon Knight (she/her)

Sharon Knight is a musician, artist, animist, and cat butler who is deeply in love with this beautiful jewel of a planet. She is a graduate of Al Gore's Climate Reality leadership training, and is actively exploring ways to help regenerate the ocean. She also happens to be the Event Space Coordinator here at BFUU.

Morally Ambitious Group

Rutger Bregman is the Dutch best-selling author of the books *Humankind* and *Utopia for Realists*. His new book *Moral Ambition* asks every reader to be an ambitious idealist, he urges us to get to work immediately to make the world a wildly better place, he encourages us to devote our lives to the biggest challenges of our time, and to persevere until we've accomplished our goals. *Moral Ambition* also asks readers to organize in small groups of utopian pioneers that encourage co-members in their specific aims to generate positive change in the world. Bregman calls the collective unification of these small groups: The School for Moral Ambition.

Prince Muraguri (he/him)

Prince Muraguri is a development economist who recently returned to his home country Kenya after working at UC Berkeley. Passionate about using data for impact, he works on research that informs policy across Africa. Now navigating life as a new dad together with his partner Patriciah, Prince is embracing the joys and challenges of raising their growing family.

Gregory Stevens (they/them)

Gregory is a former Baptist preacher, long time labor organizer, and interfaith community activist. They're the lead organizer for the Unitarian Universalist EcoSocialist Network, but by day sell their labor power to California Interfaith Power & Light. Gregory has an MDiv from Claremont School of Theology and an MA in Activist Anthropology from California Institute of Integral Studies.

Sumi Hoshiko (she/her)

Sumi was raised in a Unitarian household. She recently became a life coach and has developed a course to help people make change in their lives, which she has taught at BFUU, and where she previously co-taught a Non-Violent Communication (NVC) class. As a new Board member, she is interested in exploring activities to support and grow the BFUU community.

BFUU Sponsored Events



BFUU OPEN MIC



Berkeley Fellowship Monthly Open Mic 3rd Fridays

Friday August 15 at 7:00 PM

Musicians, Poets, Magicians, Comedians, Storytellers, etc.

Sign-ups begin 6:30. Perform or just come to enjoy! Show time 7pm

BYO potluck refreshments (optional) Suggested donation \$10-\$20 No one turned away.

Sponsored by BFUU Social Justice Committee

To get low volume Social Justice announcements/alerts, email: bfuusjev-subscribe@lists.riseup.net

Host and Featured Artist: TBA

Well of Song with Sharon Knight

Thursday August 7th 7-8:30pm in Connie Barbour Room

Let's make expressive music and sound together! We'll drop into an improvisational vocal flow that combines technique, melody, and harmony with authentic expression to experience the healing connection of singing together. Drums and percussion instruments welcome. Sliding scale donations of \$15 - \$30 per session appreciated. No one turned away for lack of funds.

REGISTER HERE: <https://shop-sharonknight.com/products/the-well-of-song-an-interactive-music-experience-with-women-of-the-well>

Breathe Move, Play! Interplay with Rev. Jojo and Cindy Phillips

In person: 2nd and 4th Sundays 1pm-2:30 in Fireside Room (8/10 and 7/24)

Online: 1st and 3rd Sundays 1pm-2:30 on Zoom (8/3 and 8/17)

Unmute you body. Bring in your creativity. Experience the Joy of Living in the Moment! Refresh your soul and find amusement. Retrieve the Wisdom of your body. Build Community and Strengthen you Connections! \$5-\$15 donations accepted, no one turned away for lack of funds.

RSVP by email josefina.gabuya@cst.edu or tenniscp@gmail.com

Freestyle Dance

August 1st, 8th, 22nd, 29th 7:30 - 10:00 PM in Fellowship Hall

There's no instruction. Our dancing DJs play a wide range of music to get you moving – world, funk, blues, pop, electronic, oldies, and more. Requested donation \$20, no one turned away for lack of funds.

Some work-exchange is available. **FREE for BFUU Members!**



Berkeley History Club

Wednesday August 13th, 7 - 9 PM and Potluck dinner at 6 PM in Fellowship Hall

Come build community with people who enjoy conversations around historical topics. For more information write eventpartner@bfuu.org

1st Sundays Writing Group

August 3rd at 12:30-2 PM in the Fellowship Hall Lobby

BFUU is sponsoring this free writing group open to word lovers from all levels of experience. Bring pen and paper for writing or a piece that you would like to receive supportive feedback on.

Community Voices and Events



BFUU members protest at the corner of Cedar and MLK to honor the work of Civil Rights Leader John Lewis.

Need any help with odd jobs, housecleaning, yard work, car washing, etc.?

Please contact **Alex Nicely**, a new-to-town and recently joined BFUU member. Even small jobs greatly appreciated! Also, any leads for businesses that might be hiring are welcome!

Contact Alex at 520-809-1694 or daturawitch@gmail.com.

For references, feel free to contact Sumi Hoshiko (sumi7h@gmail.com), Margaret Hurlbert (margarethurlbert8@gmail.com), or Hank Pellissier (hankpellissier@yahoo.com).

Song Medicine

Saturday August 16th 7:30-10:00pm in Fellowship Hall

Pollyanna Bush & Bay Area luminaires, Dave Worm, Bryan, Dyer, Renée Benmeleh, Stephen Iverson, Ann Speyer & Amrita Moss, offer an evening of Pollyanna's original songs, & magical "in the moment" circle song creations that nourish and lift the spirit, inviting the audience to melt into a deep sense of wholeness. This evening of song medicine will include opportunities for the audience to sing, as well, to bathe in the sound of voices weaving a fabric of harmony and beauty.

TICKET LINK: <https://songmedicineaug16.bpt.me/>

Seeds of Resistance: A Fundraiser to Feed Gaza

Saturday August 23rd 2:00-5:30pm in Fellowship Hall

Entrance donation: \$15-\$100 sliding scale

Join Healthcare Workers for Palestine to raise funds for Roots of Solidarity, a Palestinian-run mutual aid project providing monetary and food aid in Gaza. Learn about food as a powerful expression of heritage, healing, and resistance, with a 2:30pm screening of a short film from Ana Falastini focusing on food, memory, and identity, followed by a panel discussion to contextualize the weaponization of hunger in Gaza and the politics of food access under apartheid. Learn about local grassroots projects on the frontlines of food justice in Palestine, and shop traditional Palestinian crafts and art. Savor authentic Palestinian dishes lovingly prepared by local a family from Gaza. And don't miss out on the raffle of local items, and an auction for local Palestinian cooking and dessert classes as we keep Palestinian food traditions alive!

Weekly Meetings

BFUU Choir Practice on Tuesdays at 7:00 PM

Choir members practice songs for worship service and fun! Please contact Margaret at muscom@bfuu.org

Worship Service on Sundays at 10:30 AM

Please contact worshipservices@bfuu.org for committee information.

Monthly Meetings

Board of Trustees Meeting 4th Thursday 8/28 at 3:00 PM on Zoom.

Social Justice Committee Meeting 3rd Sunday 8/17 after service (noonish)

Please contact Phoebe at sjc@bfuu.org

Worship Service Committee Meeting 1st Wednesday 8/6 at 5:00 PM

Please contact worshipservices@bfuu.org

Regular Committee Meetings

Aesthetics (subcom. of B&G)

Meets as needed

contact [Aesthetics Committee](#)

Buildings & Grounds (B&G)

Meets once per month,

contact [Ben and Abbot](#)

Caring

meets as needed

contact [Karen Dewald](#)

Committee on Ministry

meets as needed

contact [Jinky Gardner](#)

Finance

Meets as needed

contact [Ben and Abbot](#)

Hospitality

meets as needed

contact [Hospitality](#)

Membership

meets as needed

contact [Jeff Palmer](#)

Music

meets as needed

contact [Margaret Hurlbert](#)

Nominating

meets as needed

contact [Virginia Hollins-Davidson](#)

Personnel

Meets as needed

Contact [Ben Burch](#)

Poetry

Meets as needed

contact [Frances Hillyard](#)

Religious Education

Meets as needed

contact [RE Committee](#)

Social Justice Ministry

meets as needed

contact [Margaret Hurlbert](#)

Social Justice (SJC)

3rd Sunday noonish - after service

contact [SJC Chair Phoebe](#)

Worship Services

1st Wednesday at 5:00 PM

contact [WSC Chair Jeff Palmer](#)

Pastoral Care with Rev. Jojo

Rev. Jojo V. Gabuya (they/them) is a Pastoral Care Provider whose ministry focuses on befriending hostility, tending to stress and trauma, and mending brokenness that affect one's health and well-being as a person. Rev. Jojo helps BFUU members and guests in connecting with a Sacred Reality, developing radical compassion, practicing revolutionary love, and unlocking their body wisdom through InterPlay and other somatic practices. **They** is currently holding in-person meetings, either at the BFUU Minister's Office or, at the home of anyone in need of pastoral care, by appointment. To schedule an appointment, kindly email revjojo@bfuu.org, or call (209) 693-8947.

Rev. Jojo is an ordained minister in the Church for the Fellowship of All Peoples SF, which was co-founded by Rev. Dr. Howard Thurman. **They** is a member of the Eco-Preacher Cohort at the BTS Center, a Certified InterPlay Leader, and a Happiness and Well-being Coach.



Fellowship Calendar August 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Please Plan Ahead:

Direct links to meetings/registration have ¹ after the link.

Other links send an email to the convener – please allow time for a reply.

If you have questions, please email office@bfuu.org or call the office at 510-841-4824 ext. 1.

* Fellowship event ¹meeting link

<p>1</p> <p>7:30pm Freestyle Friday</p>						2
<p>3</p> <p>10:30 am - FH+Z Worship Service^{*1}</p> <p>12:30 pm - FH Writing Club</p>	<p>4</p> <p>5:00 pm - CB Joy of Singing</p>	<p>5</p> <p>7:00 pm Choir Practice^{*1}</p>	<p>6</p> <p>5:00 PM - Z WSC Meeting</p>	<p>7</p> <p>7:00 pm - CB Well of Song</p>	<p>8</p> <p>7:30pm Freestyle Friday</p>	9
<p>10</p> <p>10:30 am - FH+Z Worship Service^{*1}</p> <p>1:00 pm - FR Interplay with Rev. Jojo</p>	<p>11</p> <p>5:00 pm - CB Joy of Singing</p>	<p>12</p> <p>6:30 pm - FH Improper English Dance</p> <p>7:00 pm Choir Practice^{*1}</p>	<p>13</p> <p>7:00 pm - FH Berkeley History Club</p>	<p>14</p>	<p>15</p> <p>7:00 pm BFUU Open Mic* - FH</p>	<p>16</p> <p>7:30 pm FH Song Medicine</p>
<p>17</p> <p>10:30 am - FH+Z Worship Service^{*1}</p> <p>12:30 pm - FH Social Justice Committee</p>	<p>18</p>	<p>19</p> <p>7:00 pm Choir Practice^{*1}</p>	<p>20</p>	<p>21</p> <p>Communicator Deadline</p>	<p>22</p> <p>7:30pm Freestyle Friday</p>	<p>23</p> <p>2:00 pm - FH Gaza Fundraiser</p>
<p>24</p> <p>10:30 am - FH+Z Worship Service^{*1}</p> <p>1:00 pm - FR Interplay with Rev. Jojo</p>	<p>25</p>	<p>26</p> <p>7:00 pm Choir Practice^{*1}</p>	<p>27</p>	<p>28</p> <p>3:00 pm BFUU Board of Trustees Mtg[*]</p>	<p>29</p> <p>7:30pm Freestyle Friday</p>	<p>30</p>
<p>31</p> <p>10:30 am - FH+Z Worship Service^{*1}</p>	<p>HAPPY BIRTHDAY</p> <p><i>Karen Dewald</i></p> <p><i>Joanna Foley</i> <i>Hank Pellissier</i></p> <p><i>Virginia Hollins-</i> <i>Glenn Turner</i></p> <p><i>Davidson</i></p>					

Spiritual Growth and Social Justice in the Heart of Berkeley

Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

BFUU OFFICE

Monday, Wednesday, Thursday 12pm-4pm or by appointment

BFUU OFFICE STAFF

Sharon Knight - Event Space Coordinator
Phone: 510-841-4824, ext. 3
Email: rooms@bfuu.org

Anders Renee - Office Coordinator
Phone: 510-841-4824, ext. 1
Email: office@bfuu.org

SUBMISSION DEADLINE FOR SEPTEMBER COMMUNICATOR:

August 21, 2025 at 11:00 AM

Please email office@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709